


March 2020 Activities

GLEN COVE SENIOR CENTER, 130 Glen Street, GC, NY 11542

Nassau County Office for the Aging

This program is made possible with funding from the City of Glen Cove, the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 – Crocheting with Friends 10:00 – Haircuts with Rose by appointment 10:00 – Project Beacon with Sherri M., LMSW 10:30 – Exercise with YMCA 11:00 – Monday Fun-Day with Rob 1:00 – Bridge, Mahjong, Scrabble Club 1:15 – Food Shopping 2:00 – VSC Cooking with Lucy 2:00 – Tai Chi with Spencer G.</p>	<p>3</p> <p>9:45 – Pickleball at the G.C. Boys & Girls Club 9:45 – Intergenerational Program Landing School 10:00 - 2:00 – AARP Taxes by appointment 10:00 – Project Beacon w/ Sherri M., LMSW 10:00 – Painting & Drawing 10:30 – Brain Booster Club 1:00 – Movie: “Beautiful Day in the Neighborhood” 1:00 – Canasta 1:00 – Bingo</p>	<p>4</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:30 – Exercise with YMCA 10:45 – Sign Language Class with Mill Neck 11:15 – Drum Circle with Eric 12:45 – Nutrition Education Class 1:00 – Bridge 1:30 – Mahjong: Beginners & Intermediates 1:30 – INSPIRATIONAL AFTERNOON 2:00 – Chair Yoga with Patty</p>	<p>5</p> <p>10:00 – Project Beacon with Sherri M., LMSW 10:15 – Arthritis Exercise & Education Class – Bus to Glen Cove Hospital 10:30 – Centre Club Board Meeting 1:00 – Canasta 1:15 – Food Shopping 1:30 – Centre Club 3:00 – Dancercise with Carol R.</p>	<p>6</p> <p>9:00 – Monthly Breakfast 9:00 – Seniorobics with Fran, Crocheting with Friends 10:00 – “Ballet Folclorico” Tiles Center Trip 10:30 – Site Council 10:30 – Exercise with YMCA, Current Events 11:00 – Golden Voices Rehearsal 1:00 – Bingo 1:30 – Line Dancing 1:30 – ADP Continentals 3:00 – Tai Chi with Spencer G</p>
<p>9</p> <p>9:00 – Crocheting with Friends 9:30 – “Macbeth” Tiles Center Trip 10:00 – Project Beacon with Sherri M., LMSW 10:30 – Exercise with YMCA 11:00 – Monday Fun-Day with Rob 1:00 – Bridge, Mahjong, Scrabble Club 1:00 – Music Jam with Jeff 1:15 – Food Shopping 2:00 – Tai Chi with Spencer G.</p>	<p>10</p> <p>9:45 – Intergenerational Program Landing School 10:00 - 2:00 – AARP Taxes by appointment 10:00 – Project Beacon with Sherri M., LMSW 10:00 – Painting & Drawing 10:30 – Brain Booster Club 12:30 – NYIT Student Presentation and Fitness Assessment 1:00 – Canasta 1:00 – Happy Hour Club</p>	<p>11</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:30 – Exercise with YMCA 10:45 – Sign Language Class with Mill Neck 11:00 – ESL Class 1:00 – Iranian New Year Celebration w/ LILA 1:00 – Bridge 1:30 – Mahjong: Beginners & Intermediates 2:00 – Chair Yoga with Patty</p>	<p>12</p> <p>10:00 – Project Beacon with Sherri M., LMSW 10:15 – Arthritis Exercise & Education Class – Bus to Glen Cove Hospital 11:00 – Balloon Volleyball with Eric 11:00 – American Legion Meeting Post 76 1:00 – Canasta 1:15 – Food Shopping 3:00 – Dancercise with Carol R.</p>	<p>13</p> <p>9:00 – Seniorobics with Fran, Crocheting with Friends 10:00 – Painting & Drawing with Chuck 10:00 – Health Assessment with Northwell 10:30 – Exercise w/ YMCA, Current Events 11:00 – Golden Voices Rehearsal 12:00 – SNAP & Island Harvest Food Bank Presentation 1:00 – Bingo 1:30 – Line Dancing 1:30 – ADP Continentals 3:00 – Tai Chi with Spencer G.</p>
<p>16</p> <p>9:00 – Crocheting with Friends 10:00 – Project Beacon with Sherri M., LMSW 10:30 – Exercise with YMCA 11:00 – Monday Fun-Day with Rob 12:15 – WOMEN’S MONTH CELEBRATION w/ Dr. Humes 1:00 – Bridge, Mahjong, Scrabble Club 1:15 – Food Shopping 1:30 – Trivia with Eric 2:00 – Tai Chi with Spencer G</p>	<p>17</p> <p>9:45 – Intergenerational Program Landing School 10:00 - 2:00 – AARP Taxes by appointment 10:00 – Project Beacon w/ Sherri M., LMSW 10:00 – Painting & Drawing 10:30 – Brain Booster Club 12:15 – ST. PATRICK’S DAY CELEBRATION with The Bro Dave Duo 1:00 – Canasta, Bingo 1:15 – Food Shopping 1:30 – Karaoke with Eric</p>	<p>18</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:30 – Exercise with YMCA 10:45 – Sign Language Class with Mill Neck 12:00 – Girl Scout Troop #120 Visit 1:00 – Bridge 1:30 – Mahjong: Beginners & Intermediates 2:00 – VSC Chair Yoga with Patty</p>	<p>19</p> <p>9:45 – Pickleball at the G.C. Boys & Girls Club 10:00 – Project Beacon with Sherri M., LMSW 10:15 – Arthritis Exercise & Education Class – Bus to Glen Cove Hospital 1:00 – Canasta 1:15 – Food Shopping 1:30 – Centre Club 3:00 – Dancercise with Carol R.</p>	<p>20</p> <p>9:00 – Seniorobics with Fran, Crocheting with Friends 10:00 – Painting & Drawing with Chuck 10:30 – Exercise with YMCA, Current Events with Yvonne 11:00 – Golden Voices Rehearsal 12:45 – Birthday Celebrations with Betty Q. & The Golden Voices 1:30 – Bingo 1:30 – Line Dancing, ADP Continentals 2:00 – VSC Bereavement with Sherri 3:00 – Tai Chi with Spencer G.</p>
<p>23</p> <p>9:00 – Crocheting with Friends 10:00 – Project Beacon with Sherri M., LMSW 10:30 – Exercise with YMCA 11:00 – Monday Fun-Day with Rob 1:00 – Bridge, Mahjong, Scrabble Club 1:00 – Music Jam with Jeff 1:15 – Food Shopping 2:00 – Tai Chi with Spencer G.</p>	<p>24</p> <p>9:45 – Intergenerational Program Landing School 10:00 - 2:00 – AARP Taxes by appointment 10:00 – Project Beacon w/ Sherri M., LMSW 10:00 – Painting & Drawing 10:30 – Brain Booster Club 11:00 – Book Club Meeting: “The Silent Patient” 1:00 – Canasta 1:00 – Happy Hour Club</p>	<p>25</p> <p>9:00 – Seniorobics with Fran 9:00 – Crocheting with Friends 10:30 – Exercise with YMCA 10:30 – POKER TOURNAMENT 10:45 – Sign Language Class with Mill Neck 12:15 – Sunshine Music Duo Performance 1:00 – Bridge 1:30 – Dollhouse Lecture with Sharon & Mimi 1:30 – Mahjong: Beginners & Intermediates 2:00 – VSC Chair Yoga with Patty</p>	<p>26</p> <p>BASEBALL DAY Wear your favorite baseball gear! 10:00 – Friends Academy Intergenerational Discussion 10:00 – Project Beacon with Sherri M., LMSW 10:15 – Arthritis Exercise & Education Class – Bus to Glen Cove Hospital 1:00 – Canasta 1:15 – Food Shopping 1:00 – Movie: “Knives Out” 3:00 – Dancercise with Carol R.</p>	<p>27</p> <p>9:00 – Seniorobics with Fran, Crocheting with Friends 10:00 – Painting & Drawing with Chuck 10:00 – Health Assessment with Northwell 10:30 – Exercise with YMCA, Current Events 11:00 – Golden Voices Rehearsal 12:15 – Helpful Tips for Managing Depression and Anxiety in Seniors 1:00 – Bingo 1:30 – Line Dancing, 1:30 – ADP Continentals 3:00 – Tai Chi with Spencer G.</p>
<p>30</p> <p>ROCK & ROLL DAY Wear your favorite Rock & Roll outfit 9:00 – Crocheting with Friends 10:00 – Project Beacon with Sherri M., LMSW 10:30 – Exercise with YMCA 11:00 – Monday Fun-Day with Rob 12:15 – “LET THE GOOD TIMES ROLL” performance 1:00 – Bridge, Mahjong, Scrabble Club 1:15 – Improv with Eric 1:15 – Food Shopping 2:00 – Tai Chi with Spencer G</p>	<p>31</p> <p>7:30 – Villa Roma Extravaganza Trip 9:45 – Intergenerational Program Landing School 10:00 - 2:00 – AARP Taxes by appointment 10:00 – Project Beacon with Sherri M., LMSW 10:00 – Painting & Drawing 10:30 – Brain Booster Club 1:00 – Canasta 1:15 – Art Expression with Jennifer, Chess Club 1:30 – Caregivers w/ Sherri</p>	<p>ROCK & ROLL DAY Monday, March 30th @ 12:00pm <i>Come relive the amazing performances that have enthralled theatergoers and remain etched in our collective memory.</i></p>	<p>The Glen Cove Senior Center will be open on Sunday, March 22nd from noon until 2 pm for the St. Patrick’s Day Parade. Come down and walk or ride in the parade, or simply enjoy some coffee and homemade Irish Soda Bread!</p> 	<p>APRIL TRIPS: Wednesday, April 1st – Sister Act Thursday, April 9th – All Shook Up Tuesday, April 21st – Spring Fling Wednesday, April 29th – Dear Evan Hansen and McGee’s Restaurant</p>